



Call 862-8448 for more information

EAST PARK REGIONAL CENTER ACTIVITY SCHEDULE									
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	Effective: January 7, 2013	600 Woodland Street	Nashville, TN 37206
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boot Camp 6:00 - 7:00 am *	Yoga 6:00 - 7:00 am *	Boot Camp 6:00 - 7:00 am *	Yoga 6:00 - 7:00 am *	Boot Camp 6:00 - 7:00 am *	8:00am Morning Flow Yoga *	  <small>ESTABLISHED 1901</small>
	ZUMBA 6:00 - 7:00 am *			9:30-12pm 1st Friday Mom's Group	ZUMBA 9:00-10:00 am *	
Tot N Me Gym Time 9:00 am - 11:00 am	Adult Open Gym 8:00 - 11:00 am Must Sign Waiver and show ID	Adult Open Gym 7:00 - 9:00 am Must Sign Waiver and show ID	Tot N Me Gym Time 9:00 am - 11:00 am	Adult Open Gym 7:00 - 9:00 am Must Sign Waiver and show ID	Line Dancing 10:30 - 11:30 am GYM - FREE	
	ZUMBA 12:00 - 1:00 pm *	Badminton 9:00 am - 12:00 pm	ZUMBA 12:00 - 1:00 pm *	Badminton 9:00 am - 12:00 pm		
		Gym Closed		Gym Closed		
BASKETBALL GYM IS CLOSED DAILY FROM 2:15 PM - 6:00 PM ( 9:00 AM - 4:00 PM when Kids are out of School ) Afterschool Program (Homework Club, Arts & Crafts, Sports, and Fitness) Children must be registered to participate. Please see the Front Desk Staff					Hours of Operation: Monday - Thursday 6:00 am - 8:30 pm Friday 6:00 am - 7:30 pm Saturday 8:00 am Noon	
					Membership Fees: Daily: Adult \$3      Sr. & Youth \$1.50 Monthly: Adult \$30      Sr. & Youth \$20 10 Visit Pass: Adult \$20      Sr. Youth \$10 Fit - Card: \$27.00 * Paid Exercise Class - \$3.00	
Boot Camp 6:00 - 7:00 pm * (GYM)	ZUMBA 5:30 - 6:30 pm * (GYM)	Boot Camp 6:00 - 7:00 pm * (GYM)	ZUMBA 5:30 - 6:30 pm * (GYM)	Boot Camp 6:00 - 7:00 pm * (GYM)	Rental Fees: All Rates Per Hour Small Club Room:      \$35.00 Club Room w/ Kitchen:      \$50.00 Dance Studio:      \$50.00 Pool:      \$50.00 Theatre:      \$75.00 Building:      \$100.00	
ZUMBA 7:00 - 8:00 pm * Starting 1/28/13	Yoga * 6:30 - 7:30 pm		Intense Yoga * 6:00 - 7:00pm			
YOGA 6:00 - 7:00 pm *	Line Dancing GYM -6:30 - 7:30		Line Dancing GYM - 6:30 - 7:30			
Schedule is subject to change						